



NO DIPS. NO BUTTS. MORE GLORY.

Tobacco Free Living

Health Promotion and Wellness Tobacco Program Metrics Report

Reporting period: July 2013 – December of 2013



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

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Background

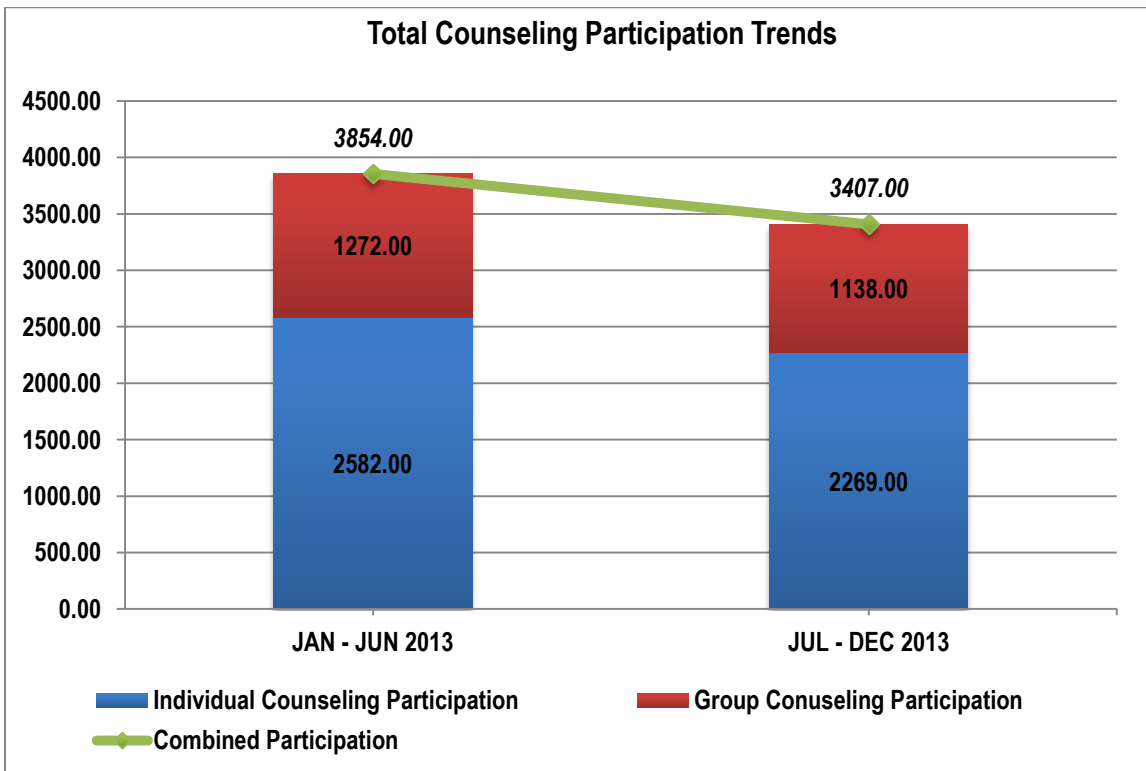
In accordance with the Bureau of Medicine and Surgery (BUMED) Instruction 6200.12A *Comprehensive Tobacco Control for Navy Medicine*, military treatment facilities (MTFs) are to report their Health Promotion tobacco program metrics to the Navy and Marine Corps Public Health Center (NMCPHC) twice per year. There were a total of 61 facilities reporting tobacco program metrics via a formal BUMED eKM tasker for the reporting time period of July-December 2013. Respondents included three medical centers, 16 hospitals, 38 clinics, and four Navy Environmental Preventive Medicine Units (NEPMUs). These locations saw a combined total of 3,407 patients for tobacco cessation and organized a total of 136 education and awareness activities during this time period. Education and awareness activities included activities for the Great American Smokeout and other events such as health fairs, safety stand downs, and educational sessions. The education and awareness activities targeted a variety of groups that included active duty service members, medical staff, recruits, and beneficiaries. The health promotion tobacco cessation programs ranged from individual counseling to group counseling to half-day workshops.

Table 1. Counseling Participation and Outcomes

Location Types	# of Location Reporting	Individual Counseling	Group Counseling	Combined Total	Avg. Total per location
Medical Center	3	180	56	236	79
Naval Hospital	16	1294	701	1995	125
Clinic	38	795	381	1176	31
NEPMU*	4	0	0	0	0
Totals	61	2269	1138	3407	

*Note that NEPMUs act more as a liaison to the Fleet and generally provide support and assistance to health promoters on a ship or at a shore-based command, rather than conducting counseling themselves.

Figure 1: Total Counseling Participation Trends



Quit Rates

NMCPHC uses the standard seven-day point prevalence mark when inquiring on the use of tobacco to calculate a quit rate. This particular point and time frame are used across Navy Medicine health promotion and wellness programs to ensure accuracy, consistency, and standardization among programs and data points. To determine the quit rates of programs, NMCPHC collects the seven-day point prevalence (Have you used any tobacco in the past seven days?) at three- and six-months post treatment. Post-treatment is defined as the last point in time during the treatment where contact occurred usually in the form of a counseling session, between an individual and the health promotion staff member.

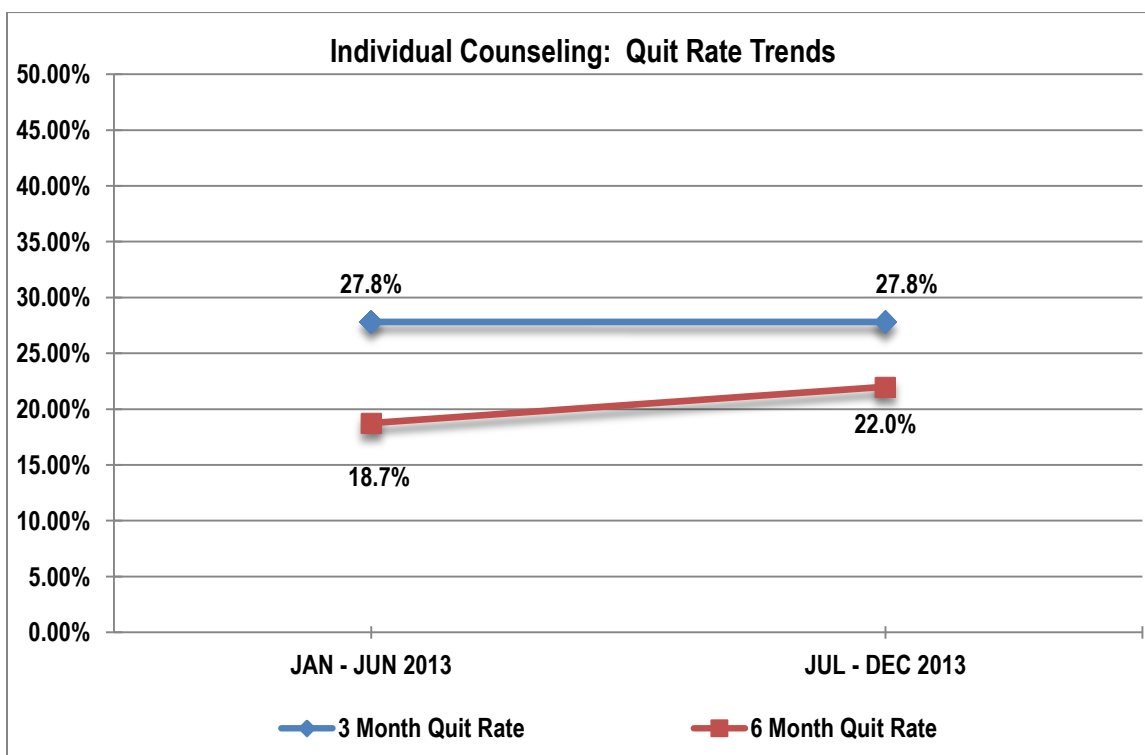
Individual Counseling

Listed below in Table 2 are the quit rates, failure to quit rates, and loss to follow-up that occurred for individuals completing at least one individual counseling session during the indicated time period. These rates were obtained at 3-months and 6-months post-treatment for each individual who met the criteria. Follow-up can occur via a variety of methods including email and telephone.

Table 2. Quit Rates for Individual Counseling

Location Types	3-Month Quit Rate	3-Month Failure to Quit Rate	3-Month Loss to Follow-Up Rate	6-Month Quit Rate	6-Month Failure to Quit Rate	6-month Loss to Follow-Up Rate
Medical Center	43.33%	35.00%	21.67%	41.67%	30.56%	27.78%
Naval Hospital	25.66%	38.25%	36.09%	18.78%	32.61%	48.61%
Clinic	27.80%	31.32%	40.88%	22.77%	28.68%	48.55%

Figure 2: Individual Counseling Quit Rate Trends



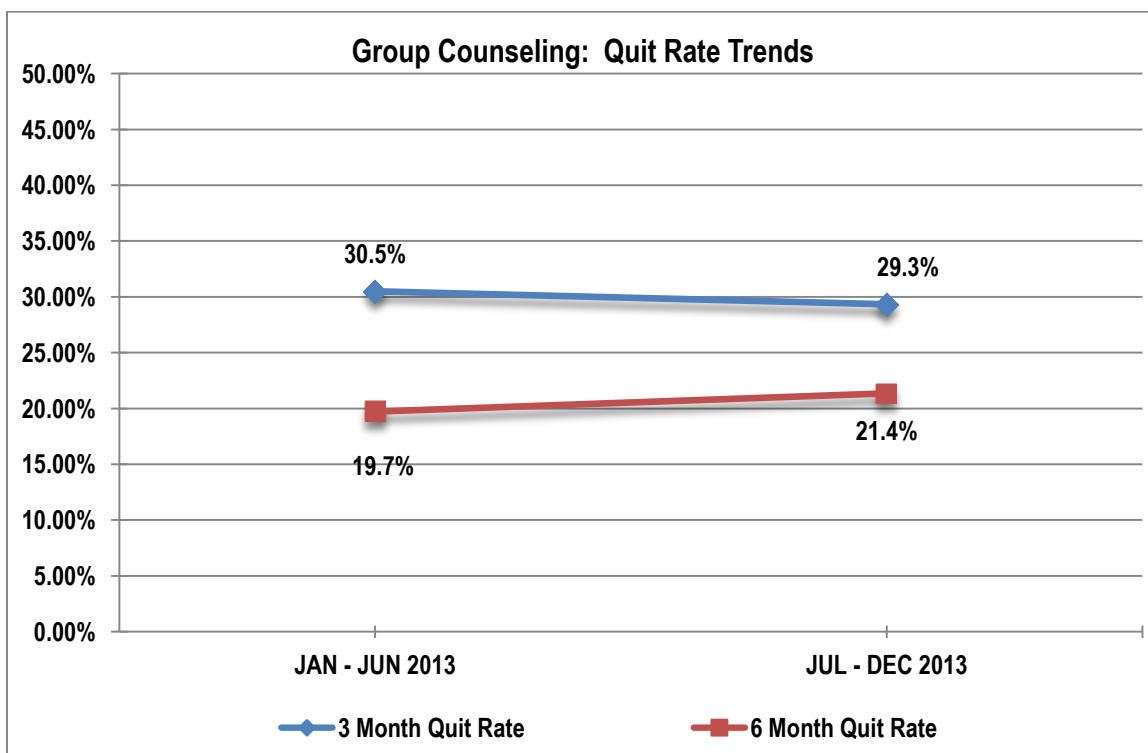
Group Counseling

Listed below in Table 3 are the quit rates, failure to quit rates, and loss to follow-up rates that occurred for individuals completing at least one group counseling session during this time period. These rates were obtained at 3-months and 6-months post-treatment for each individual who met the criteria. Follow-up can occur via a variety of methods to include email and telephone.

Table 3. Quit Rates for Group Counseling

Location Types	3-Month Quit Rate	3-Month Failure to Quit Rate	3-Month Loss to Follow-Up Rate	6-Month Quit Rate	6-Month Failure to Quit Rate	6-month Loss to Follow-Up Rate
Medical Center	32.14%	32.14%	35.71%	32.14%	37.50%	30.36%
Naval Hospital	28.10%	48.36%	23.54%	17.97%	44.65%	37.38%
Clinic	31.23%	32.55%	36.22%	25.98%	29.66%	35.17%

Figure 3: Group Counseling Quit Rate Trends



Clinical Champions and Trained Facilitators

The majority of MTFs had an identified tobacco clinical champion. Those locations without a clinical provider champion gave reasons such as deployments and looking for a new champion. NMCPHC is conducting education on clinical champions in hopes that every location will be in compliance by the end of 2015.

The submitting locations also reported the number of trained facilitators at their MTFs. There are over 135 trained tobacco cessation facilitators associated with MTF health promotion programs, with just over 87% of these trained facilitators reportedly serving as active counselors in the past 12 months.

Limitations

Potential limitations to this report include the following the self-reported data from the tobacco user may be a limiting factor along with the interpretation of the questions by the health promotion staff completing the survey. One MTF had questionable data integrity and was omitted from this report after several attempts to contact the location for clarification and additional information. However, the data reported appears to be accurate and represents a sound and useful depiction of Navy health promotion tobacco programs.

Reporting Timeline

The request for this tobacco data was sent via a BUMED eKM tasker in December 2014 for the time period of 1 July-31 December 2013. HP staff collected follow-up data from 1 January-30 June 2014 for this time period. Data collection for a given time period is usually initiated by NMCPHC approximately 2 months after the end of the follow-up period to allow for sufficient time to collect the 6 month follow up seven day point prevalence data for counseling outcomes. The active duty population is generally harder to contact due to TADs, deployments, job duties and other factors so more time is given for follow-up. The delay in data collection for this time period was the result of preparation and coordination with both internal and external stakeholders of NMCPHC to initiate the data collection as an official eKM task. The data was received and analyzed by NMCPHC in April 2015 and the report was completed in May 2015.

Summary

Navy Medicine health promotion programs are actively involved with tobacco programming at the three main programming levels: awareness, education, and intervention. During this time period, a total of 742 individuals self-reported quitting tobacco from individual and group counseling at six months as a result of services provided by the health promotion team.

Appendix

Table 4. Naval Medical Centers (NMC)

MTF	Type of Counseling	Total # of Participants	3-Month Quit Rate	6-Month Quit Rate
NMC Portsmouth	Individual Counseling	7	71.43	57.14%
	Group Counseling	25	60.00%	48.33%
NMC San Diego	Individual Counseling	16	12.50%	12.50%
	Group Counseling	31	9.68%	19.35%
Walter Reed National Military Medical Center	Individual Counseling	157	45.22%	43.95%
	Group Counseling	0	-	-

Table 5. Naval Hospitals (NH)

MTF	Type of Counseling	Total # of Participants	3-Month Quit Rate	6-Month Quit Rate
NAVMED East				
NH Beaufort	Individual Counseling	13	38.46%	38.46%
	Group Counseling	12	33.33	33.33%
NH Camp Lejeune	Individual Counseling	167	25.15%	20.36%
	Group Counseling	64	21.88%	17.19%
USNH Guantanamo Bay	Individual Counseling	18	0.00%	0.00%
	Group Counseling	0	-	-
NH Jacksonville	Individual Counseling	208	24.52%	15.87%
	Group Counseling	259	17.76%	12.36%
USNH Naples	Individual Counseling	16	37.50%	18.75%
	Group Counseling	0	-	-
NH Pensacola	Individual Counseling	29	34.48%	20.69%
	Group Counseling	71	38.03%	25.35%
USNH Rota	Individual Counseling	1	0.00%	0.00%
	Group Counseling	18	44.44%	44.44%
USNH Sigonella	Individual Counseling	9	44.44%	33.33%
	Group Counseling	6	0.00%	0.00%
NAVMED West				
NH Bremerton	Individual Counseling	291	28.87%	20.96%
	Group Counseling	102	50.98%	23.53%
NH Camp Pendleton	Individual Counseling	86	30.23%	22.09%
	Group Counseling	43	37.21%	32.56%
USNH Guam	Individual Counseling	13	15.38%	15.38%
	Group Counseling	0	-	-

NH Lemoore	Individual Counseling	54	20.37%	11.11%
	Group Counseling	0	0.00%	0.00%
NH Oak Harbor	Individual Counseling	66	31.82%	30.30%
	Group Counseling	0	-	-
USNH Okinawa	Individual Counseling	122	24.59%	11.48%
	Group Counseling	122	24.59%	11.48%
USNH Yokosuka	Individual Counseling	4	0.00%	25.00%
	Group Counseling	4	0.00%	25.00%
NH Twentynine Palms	Individual Counseling	197	20.30%	18.27%
	Group Counseling	0	-	-

Table 6. Naval and Branch Health Clinics (NHC and BHC)

MTF	Type of Counseling	Total # of Participants	3-Month Quit Rate	6-Month Quit Rate
NAVMED East				
BHC Albany	Individual Counseling	0	-	-
	Group Counseling	0	-	-
BHC Bahrain	Individual Counseling	17	0.00%	0.00%
	Group Counseling	0	-	-
BHC Belle Chasse	Individual Counseling	3	0.00%	0.00%
	Group Counseling	15	33.00%	20.00%
BHC Dahlgren	Individual Counseling	31	54.84%	51.61%
	Group Counseling	0	-	-
BHC Boone Little Creek	Individual Counseling	0	-	-
	Group Counseling	46	43.48%	43.48%
BHC Fort Worth	Individual Counseling	4	25.00%	25.00%
	Group Counseling	0	-	-
BHC Groton	Individual Counseling	3	66.67%	66.67%
	Group Counseling	0	-	-
BHC Key West	Individual Counseling	25	20.00%	28.00%
	Group Counseling	25	20.00%	28.00%
BHC Kings Bay	Individual Counseling	104	27.88%	24.04%
	Group Counseling	0	-	-
BHC Kingsville	Individual Counseling	5	40.00%	20.00%
	Group Counseling	0	-	-
BHC Lakehurst	Individual Counseling	5	100.00%	80.00%
	Group Counseling	0	-	-
BHC NAF Washington (Andrews)	Individual Counseling	0	-	-
	Group Counseling	0	-	-
BHC NAS Meridian	Individual Counseling	107	0.00%	0.00%
	Group Counseling	0	-	-

BHC Norfolk	Individual Counseling	31	41.94%	32.26%
	Group Counseling	96	33.33%	30.21%
BHC NSA Mid-South Millington	Individual Counseling	13	61.54%	53.85%
	Group Counseling	8	12.50%	12.50%
BHC NAS Whiting Field	Individual Counseling	21	14.29%	23.81%
	Group Counseling	0	-	-
BHC Oceana	Individual Counseling	4	25.00%	25.00%
	Group Counseling	24	8.33%	8.33%
BHC Portsmouth	Individual Counseling	0	-	-
	Group Counseling	0	-	-
BHC Saratoga Springs	Individual Counseling	0	-	-
	Group Counseling	0	-	-
BHC Washington Navy Yard	Individual Counseling	0	-	-
	Group Counseling	0	-	-
Captain James A. Lovell Federal Health Care Center (Great Lakes)	Individual Counseling	0	-	-
	Group Counseling	0	-	-
NHC Annapolis	Individual Counseling	77	3.90%	1.30%
	Group Counseling	0	-	-
NHC Charleston	Individual Counseling	55	45.45%	25.45%
	Group Counseling	5	20.00%	0.00%
NHC Cherry Point	Individual Counseling	57	19.30%	26.32%
	Group Counseling	4	25.00%	75.00%
NHC Corpus Christi	Individual Counseling	0	0.00%	0.00%
	Group Counseling	11	36.36%	36.36%
NHC New England Newport	Individual Counseling	11	9.09%	9.09%
	Group Counseling	0	-	-
NHC Patuxent River	Individual Counseling	18	0.00%	0.00%
	Group Counseling	0	-	-
NHC Quantico	Individual Counseling	40	52.50%	55.00%
	Group Counseling	18	50.00%	50.00%
Norfolk Dental Clinic	Individual Counseling	54	29.63%	18.52%
	Group Counseling	0	-	-
NAVMED West				
BHC China Lake	Individual Counseling	28	64.29%	64.29%
	Group Counseling	0	-	-
BHC Chula Vista	Individual Counseling	1	0.00%	0.00%
	Group Counseling	0	-	-
BHC Everett	Individual Counseling	12	33.33%	16.67%
	Group Counseling	12	33.33%	16.67%
BHC MCAS Miramar	Individual Counseling	1	100.00%	100.00%
	Group Counseling	35	17.14	N/A
BHC Naval Training Center	Individual Counseling	25	60.00%	52.00%
	Group Counseling	0	-	-

BHC Sasebo	Individual Counseling	3	0.00%	0.00%
	Group Counseling	3	0.00%	0.00%
BHC Yuma	Individual Counseling	28	57.14%	10.71%
	Group Counseling	28	57.14%	21.43%
BMC Bridgeport	Individual Counseling	5	20.00%	0.00%
	Group Counseling	24	0.00%	0.00%
BHC Hawaii	Individual Counseling	7	42.86%	28.57%
	Group Counseling	27	48.15%	48.15%

Table 7. NEPMUs

Location	Type of Counseling	Total # of Participants	3-Month Quit Rate	6-Month Quit Rate
NEPMU-2	Individual Counseling	0	-	-
	Group Counseling	0	-	-
NEPMU-5	Individual Counseling	0	-	-
	Group Counseling	0	-	-
NEPMU-6	Individual Counseling	0	-	-
	Group Counseling	0	-	-
NEPMU-7	Individual Counseling	0	-	-
	Group Counseling	0	-	-